

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/03/2018										
ELEMENTARY LUNCH	Total	1								
TACO SOUP	1 CUP	1	291	50	*5	19.79	25.68	11.61	3.43	*0.00
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	0	1.52	0.25	2.28	1.52	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	0.00
CORNMEAL SUPER STAR, WG:FR017	1 EA	1	148	11	*N/A*	2.8	23.0	5.0	0.90	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
JELL-O	GEL CUP	1	100	0	22	0.0	25.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
MINI CORN DOGS : SUNSET ONLY	4 EACH	1	166	40	1	6.63	19.89	6.63	1.66	0.00
Weighted Daily Average			1367	*142	*83	62.39	173.63	46.43	11.23	*0.00
% of Calories					*24.2%	18.3%	50.8%	30.6%	7.4%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/04/2018										
ELEMENTARY LUNCH	Total	1								
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	41	0	12.0	11.0	13.0	3.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0	*N/A*	0.95	4.76	0.48	0.00	0.00
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	0	0	1.73	3.45	2.36	0.37	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			842	*56	*55	46.55	115.53	24.64	5.93	*0.00
% of Calories					*26.0%	22.1%	54.9%	26.3%	6.3%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/05/2018										
ELEMENTARY LUNCH	Total	1								
HOT DOG W/ BUN	1 EACH	1	220	55	2	13.0	22.0	10.5	2.50	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	0	2.0	16.0	7.0	1.50	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	0	0.22	0.33	0.0	0.00	0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	*8	2.19	18.48	6.34	1.52	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			941	*84	*70	45.53	134.64	26.83	7.11	*0.00
% of Calories					*29.9%	19.3%	57.2%	25.7%	6.8%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/06/2018										
ELEMENTARY LUNCH	Total	1								
MAX STUFFED CRUST PEPPERONI PI	SLICE	1	330	20	*N/A*	17.0	35.01	14.0	4.50	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			872	*45	*70	45.29	124.60	23.01	6.61	*0.00
% of Calories					*31.9%	20.8%	57.2%	23.8%	6.8%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/09/2018										
ELEMENTARY LUNCH	Total	1								
TERIYAKI CHICKEN:ELE	2.8 OZ	1	90	40	*N/A*	12.0	6.0	2.0	0.50	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:E	4 OZ	1	130	0	*N/A*	5.0	25.0	1.5	0.00	0.00
CARIBBEAN BLEND VEGETABLES:ELE	3/4 CUP	1	26	0	2	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	*N/A*	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	0	18.6	20.67	13.44	3.10	0.00
Weighted Daily Average			1131	*127	*56	67.62	149.97	29.30	6.67	*0.00
% of Calories					*19.6%	23.9%	53.0%	23.3%	5.3%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/10/2018										
ELEMENTARY LUNCH	Total	1								
NACHO BITES-ELE	8 BITES	1	270	15	1	11.0	32.0	10.0	4.00	0.00
CORN :ELE	3/4 CUP	1	79	0	9	2.65	11.91	1.98	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	16	*N/A*	2.0	14.0	3.5	2.00	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			987	*56	*63	45.77	131.18	30.19	9.17	*0.00
% of Calories					*25.6%	18.6%	53.2%	27.5%	8.4%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/11/2018										
ELEMENTARY LUNCH	Total	1								
TERIYAKI BEEF NUGGETS: (Elem.)	4 Nugget	1	160	40	4	14.0	6.0	8.0	3.50	0.05
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0	*N/A*	0.98	3.93	0.98	0.00	0.00
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	*N/A*	0.0	5.75	0.14	0.03	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
PEACH CUP, FROZEN	SERVING	1	118	0	*N/A*	0.79	29.98	0.16	0.01	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	2	17.0	33.0	16.51	3.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			1178	85	*51	63.78	156.69	34.29	9.04	*0.05
% of Calories					*17.3%	21.7%	53.2%	26.2%	6.9%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/12/2018										
ELEMENTARY LUNCH	Total	1								
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	30	2	17.0	33.0	16.51	3.00	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	0	0	2.02	17.19	3.54	1.01	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
JELL-O	GEL CUP	1	100	0	22	0.0	25.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			1051	*50	*87	48.06	156.70	27.12	6.11	*0.00
% of Calories					*33.0%	18.3%	59.6%	23.2%	5.2%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Fri - 04/13/2018										
ELEMENTARY LUNCH	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	3	16.0	27.0	17.0	5.00	0.00
MARINARA SAUCE: ELE	1/2 CUP	1	70	298	3	1.99	11.93	1.49	0.00	0.00
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	95	10	*2	1.77	11.38	6.17	0.51	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			897	*348	*76	45.62	131.59	27.46	7.07	*0.00
% of Calories					*33.9%	20.3%	58.7%	27.6%	7.1%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/16/2018										
ELEMENTARY LUNCH	Total	1								
THAI SWEET CHILI CHICKEN:ELE	2.85 OZ	1	120	45	11	11.0	15.0	2.0	0.50	0.00
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	130	0	*0	3.0	24.01	2.5	0.00	0.00
KEY WEST BLEND VEGETABLE: ELE	3/4 CUP	1	34	0	3	0.0	6.75	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVING	1	278	62	0	18.6	20.67	13.44	3.10	0.00
Weighted Daily Average			1081	*132	*68	61.87	146.21	27.00	5.70	*0.00
% of Calories					*25.0%	22.9%	54.1%	22.5%	4.7%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Tue - 04/17/2018										
ELEMENTARY LUNCH	Total	1								
CHEESE QUESADILLA	1 EACH	1	330	45	2	18.01	25.01	18.01	11.01	0.00
BLACK BEANS	1/2 CUP	1	153	0	2	9.25	27.52	1.0	0.00	*0.00
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	*N/A*	0.0	5.75	0.14	0.03	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1057	*70	*57	57.38	131.56	33.86	14.21	*0.00
% of Calories					*21.5%	21.7%	49.8%	28.8%	12.1%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/18/2018										
ELEMENTARY LUNCH	Total	1								
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	0	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	*3	3.0	23.99	3.56	1.69	*0.00
GREEN BEANS:ELE	3/4 CUP	1	32	0	*N/A*	1.91	7.16	0.16	0.03	*N/A*
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			943	*74	*57	51.77	125.44	25.51	7.28	*0.00
% of Calories					*24.0%	22.0%	53.2%	24.4%	7.0%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/19/2018										
ELEMENTARY LUNCH	Total	1								
MINI CORN DOG NUGGETS (ELEM)	4 EACH	1	167	40	1	6.67	20.0	6.67	1.67	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	0	2.0	16.0	7.0	1.50	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	0	0.22	0.33	0.0	0.00	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	10	*10	1.89	22.26	7.44	1.70	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			911	*65	*71	38.90	136.42	24.09	6.46	*0.00
% of Calories					*31.2%	17.1%	59.9%	23.8%	6.4%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/20/2018										
ELEMENTARY LUNCH	Total	1								
6" WW PEPPERONI PIZZA	SERVING	1	350	40	7	22.0	30.0	16.0	8.00	0.00
DINNER SALAD	1 CUP	1	132	10	*1	4.55	13.53	6.02	0.50	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			924	*65	*76	52.41	124.82	24.81	10.06	*0.00
% of Calories					*32.8%	22.7%	54.0%	24.2%	9.8%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Washington County School District

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/23/2018										
ELEMENTARY LUNCH	Total	1								
CHERRY BLOSSOM CHICKEN FRO30:E	2.94 OZ	1	140	35	10	9.33	13.99	5.44	1.55	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	*N/A*	3.0	24.01	2.5	0.00	0.00
MALIBU BLEND VEGETABLES:ELE	3/4 CUP	1	26	0	2	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	0	18.6	20.67	13.44	3.10	0.00
Weighted Daily Average			1093	*122	*66	60.95	142.95	30.44	6.76	*0.00
% of Calories					*24.0%	22.3%	52.3%	25.1%	5.6%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/24/2018										
ELEMENTARY LUNCH	Total	1								
BEEF TACO STICK	1 EACH	1	345	52	1	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS	1/2 CUP	1	164	0	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
PUDDING,CHOICE	SERVING	1	115	0	15	1.0	20.5	3.0	1.75	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1169	*77	*69	59.40	149.25	35.14	14.81	*0.00
% of Calories					*23.5%	20.3%	51.1%	27.1%	11.4%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/25/2018										
ELEMENTARY LUNCH	Total	1								
BREADED PORK STEAK	1 EACH		293	51	1	16.17	17.18	17.18	4.55	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	*N/A*	1.0	5.0	2.0	1.50	0.00
NORTHWEST BLEND VEGETABLE:ELE	3/4 CUP	1	19	0	2	0.55	3.32	0.0	0.00	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	2	17.0	33.0	16.51	3.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			1275	*96	*59	66.59	154.81	44.48	11.61	*0.00
% of Calories					*18.6%	20.9%	48.6%	31.4%	8.2%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/26/2018										
ELEMENTARY LUNCH	Total	1								
HAMBURGER: ELE.	HAMBURGER	1	269	54	*2	21.57	22.29	10.89	3.56	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
BAKED BEANS:ELE	3/4 CUP	1	150	0	*21	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	16	*N/A*	2.0	14.0	3.5	2.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	0	0.22	0.33	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			975	*85	*86	57.65	154.16	17.84	7.23	*0.00
% of Calories					*35.3%	23.7%	63.3%	16.5%	6.7%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/27/2018										
ELEMENTARY LUNCH	Total	1								
4" ROUND CHEESE PIZZA- TONY'S	1 EACH	1	279	30	13	15.94	28.9	11.96	5.98	0.00
DINNER SALAD	1 CUP	1	132	10	*1	4.55	13.53	6.02	0.50	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			853	*55	*82	46.35	123.71	20.77	8.04	*0.00
% of Calories					*38.4%	21.7%	58.0%	21.9%	8.5%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

Mon - 04/30/2018										
ELEMENTARY LUNCH	Total	1								
TERIYAKI CHICKEN:ELE	2.8 OZ	1	90	40	*N/A*	12.0	6.0	2.0	0.50	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:E	4 OZ	1	130	0	*N/A*	5.0	25.0	1.5	0.00	0.00
CARIBBEAN BLEND VEGETABLES:ELE	3/4 CUP	1	26	0	2	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
BUG BITES	BAG	1	120	0	8	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	0	18.6	20.67	13.44	3.10	0.00
Weighted Daily Average			1131	*127	*64	67.62	149.97	29.30	6.67	*0.00
% of Calories					*22.5%	23.9%	53.0%	23.3%	5.3%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

Weighted Average			1034	*98	*68	54.57	140.69	29.13	8.39	*0.00
					*59.3%	21.1%	54.4%	25.4%	7.3%	*0.0%

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Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sugars (g) Overage	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	1034		645	160%									
Cholesterol (mg)	98				Missing								
Sugars (g)	68	26.35%			Missing								
Protein (g)	54.57	21.12%	8.87	615%									
Carbohydrate (g)	140.69	54.44%											
Total Fat (g)	29.13	25.36%	<=30.00%										
Saturated Fat (g)	8.39	7.30%	<10.00%										
Trans Fat ¹ (g)	0.00	0.00%			Missing								

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